## Happy New Year

Take your 2011 Health Assessment (from January 1–31) and you could receive an American Express gift card.\* ▲

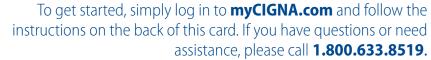
If you are **one of the first 1,000 SHBP CIGNA** members to complete your Health Assessment on **myCIGNA.com**, you will **receive a \$50** American Express gift card.

If you are not one of the first 1,000 but you complete your Health Assessment in January, you are still eligible for a \$25 American Express gift card while supplies last.

If you completed your Health Assessment in 2010, way to go!

2011 starts a new program with new health and wellness opportunities. So, even if you just completed a Health Assessment in December, you can do it again in January 2011 and be eligible for rewards throughout the year.





**CIGNA** 

## How to complete your Health Assessment on myClGNA.com:

- 1. Visit myCIGNA.com and log in using your User ID and Password, and then select "Go." If you are not yet registered for myCIGNA.com, you'll need to do this first:
  - a. On the myCIGNA.com log-in screen, in the bottom-left menu, select "Register."
  - b. Follow the registration instructions and enter the required information. When finished, you'll be asked to log in using your new User ID and Password.
- 2. Once logged in, click on the RED apple on the right side of the home page. Select the link that says "Take my health assessment now." Please note: You must follow steps three through five in order to register to take your Health Assessment.\*
- 3. On the next page, select your name. A new window will open to the "my health & wellness center."
- 4. Follow the steps to register and complete all required fields.
- 5. From here, you can take your Health Assessment or join an online health coaching program.

\*If you have already registered for myCIGNA.com, simply log in using your User ID and Password and click on the RED apple to take your Health Assessment.

CIGNA Medicare Advantage members and dependent children are not eligible for this program.

If you prefer to opt out of this drawing, please send an email to LiveHealthy@cigna.com. Please only use this email if you are planning to opt out.

Winners will be notified of prizes via a mailed letter along with a sweepstakes agreement form from CIGNA. Subject to CIGNA 2011 Prize Rules and guidelines for SHBP members as posted on www.CIGNA.com/SHBP.

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